

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Cottage Cheese/Nuts (R) Apple Dessert (I) Russkoye Cookies (NF) Milk (R) Apricot-Apple Jce w/ Pulp (R) Vitamins	Cornflakes (R) Sausage Pattie (R) Blueberry-Raspberry Yogurt (I) Orange Drink (B) Coffee w/ C & S (B)	Cottage Cheese/Nuts (R) Buckwheat Gruel w/ Milk (R) Apple-Apricot Bar (IM) Apricot-Black Currant Juice (B) Coffee w/o Sugar (R) Vitamins	Granola w/ Raisins (R) Mexican Scrambled Eggs (R) Peach Yogurt (I) Chocolate Breakfast Drink (B) Pineapple Drink (B) Coffee w/ C & S (B)	Rossiyskiy Cheese (I) Peach Dessert (I) Visit Crackers (NF) Milk (R) Apple-Peach Juice w/ Pulp (R) Coffee w/ Sugar (R) Vitamins
Pike Perch in Baltika Sauce (I) Kharcho Mutton Soup (R) Pork w/ Lecho Sauce (R) Borodinskiy Bread (IM) Kuraga (IM) Apple-Black Currant Jce/Pulp (R) x2 Tea w/o Sugar	Chicken Noodle Soup (I) Teriyaki Chicken (R) Italian Vegetables (R) Peach Ambrosia (R) Lemonade (B) Tea w/ L & S (B)	Spiced Pike Perch (I) Pureed Vegetable Soup (R) Beef Goulash (I) Mashed Potatoes w/ Onions (R) Moscow Rye Bread (IM) Apple-Peach Juice w/ Pulp (R) Tea w/o Sugar (R)	Cream of Mushroom Soup (R) Sweet & Sour Chicken (R) Noodles & Chicken (R) Tropical Punch (B) Tea w/ Sugar (B)	Bream in Tomato Sauce (I) Borsch w/ Meat (R) Meat w/ Barley Kasha (I) Table Bread (IM) Apple-Plum Bar (IM) Apricot Juice w/ Pulp (R) x2 Tea w/o Sugar (R)
Shrimp Cocktail (R) BBQ Beef Brisket (I) Potatoes au Gratin (R) Cherry-Blueberry Cobbler (I) Strawberry Drink (B) Tea w/ Sugar (B)	Omelet w/ Chicken (I) Pork w/ Potatoes (I) Moscow Rye Bread (IM) Honey Cake (IM) Apricot Juice w/ Pulp (R) x2 Currant Tea w/ Sugar (B) Vitamins	Chicken Strips in Salsa (I) Carrot Coins (I) Fruit Cocktail (I) Brownie (NF) Orange-Grapefruit Drink (B)	Jellied Pike Perch (I) Lamb w/ Vegetables (I) Borodinskiy Bread (IM) Prunes Stuffed w/ Nuts (IM) Apricot-Apple Juice w/ Pulp (R) x2 Strawberry Tea w/ Sugar (R) Vitamins	Teriyaki Beef Steak (I) Green Beans w/ Mushrooms (R) Pineapple (I) Candy Coated Chocolates (NF) Apple Cider (B)
Peanut Butter (I) Crackers (NF) Orange-Pineapple Drink (B)	Cottage Cheese/Apple Puree (I) Sweet Almonds (NF) Grape-Plum Juice w/ Pulp (R) Tea w/o Sugar (R)	Dried Apricots (IM) Almonds (NF) Tea w/ Sugar (B)	Omelet w/ Chicken (I) Visit Crackers (NF) Peach-Apricot Juice w/ Pulp (R) Tea w/o Sugar (R)	Cheddar Cheese Spread (I) Crackers (NF) Tea w/ L & S (B)
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Scrambled Eggs (R) Cinnamon Roll (NF) Vanilla Breakfast Drink (B) Orange-Mango Drink (B) Coffee w/ C & S (B)	Cottage Cheese/Nuts (R) Apple Dessert (I) Buckwheat Gruel w/ Milk (R) Visit Crackers (NF) Apple-Peach Juice w/ Pulp (R) x2 Coffee w/ Sugar (R) Vitamins	Granola w/ Blueberries (R) Vegetable Quiche (R) Applesauce (I) Pineapple Drink (B) Coffee w/ C & S (B)	Cottage Cheese/Nuts (R) Oatmeal w/ Peaches (R) Apple-Black Currant Juice w/ Pulp (R) x2 Vostok Cookies (NF) Peach Dessert (I) Coffee w/o Sugar (R) Vitamins	Waffle (NF) Breakfast Sausage Links (I) Dried Peaches (IM) Orange Drink (B) Coffee w/ C & S (B)
Split Pea Soup (I) Smoked Turkey (I) Teriyaki Vegetables (R) Cherry-Blueberry Cobbler (I) Grapefruit Drink (B) Tea w/ L & S (B)	Beet Salad (R) Pickled Cucumber/Meat Soup (R) Beef w/ Vegetables (I) Borodinskiy Bread (IM) Stelutsa Dessert (IM) Peach-Black Currant Juice w/ Pulp (R) Currant Tea w/ Sugar (B)	Vegetarian Vegetable Soup (I) Grilled Pork Chop (I) Pasta w/ Shrimp (R) Peaches (I) Orange-Grapefruit Drink (B) Tea w/ Sugar (B)	Zucchini Saute Noodle Soup w/ Meat (R) Pan-fried Meat w/ Rice & Veggies (R) Borodinskiy Bread (IM) Quince Bread (IM) Apricot-Apple Juice w/ Pulp (R) Earl Grey Tea w/ Sugar (R)	Minestrone Soup (I) Beef Fajitas (I) Tortillas (NF) Apples w/ Spice (I) Lemonade (B) Tea w/ L & S (B)
Pork Piquant (I) Tokana Meat & Vegetables (I) Moscow Rye Bread (NF) Russkoye Cookies (NF) Apricot-Apple Juice w/ Pulp (R) x2 Tea w/ Lemon & Sugar (B) Vitamins	Sweet & Sour Pork (I) Shrimp Fried Rice (R) Strawberries (R) Granola Bar (NF) Grapefruit Drink (B)	Chopped Pork w/ Eggs (I) Chicken w/ Rice (I) Wheat Bread Enriched (IM) Honey Cake (IM) Milk (R) Peach-Apricot Juice (B) x2 Green Tea w/ Sugar (B) Vitamins	Meatloaf (I) Mashed Potatoes (R) Berry Medley (R) Butter Cookies (NF) Peach-Apricot Drink (B)	Sturgeon (I) Pork Loin w/ Mashed Potatoes (R) Borodinskiy Bread (IM) Milk (R) Visit Crackers (NF) Peach-Apricot Juice (R) Strawberry Tea w/o Sugar (B) Vitamins
Prunes Stuffed w/ Nuts (IM) Ledokol Toffee (NF) Peach-Black Currant Juice w/ Pulp (R) Tea w/o Sugar (R)	Tuna Salad Spread (I) Crackers (NF) Tea w/ Sugar (B)	Hazelnuts (NF) Kuraga (IM) Apricot Juice w/ Pulp (R) Tea w/o Sugar (R)	Trail Mix (IM) Pears (I) Tea w/ L & S (B)	Vostok Cookies (NF) Almonds (NF) Grape-Plum Juice w/ Pulp (R) Tea w/o Sugar (R)